

## Y7 Invasion Curriculum Summary

<b>Name of unit</b>	<b>Invasion</b>
<b>Why do we study this unit?</b>	Netball & Rugby League (Invasion) are national sports. They are excellent for developing fundamental motor skills, enhancing team skills & team work. A team game that helps stimulate social skills used in everyday life.
<b>By the end of the unit, students will be able to....</b>	Students will develop a basic understanding of the skills used to participate in Netball and Rugby. They will learn skills, rules and tactics surrounding these sports.
<b>Links to previous units</b>	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
<b>Key vocabulary</b>	Self - Belief, Outwit, Opponents, Skill, Success, Respect, Gamesmanship, Sportsmanship, Etiquette, Teamwork, Cohesion, Relationships, Co - operation, Communication.
<b>Week and summary topic</b>	<b>Knowledge and skills learned</b>
<b>1: Skill</b>	<b>RL:</b> Passing, Receiving, Scoring, Contact/Tagging, Playing the ball. <b>NB:</b> Passing, Receiving, Pivoting
<b>2: Rules</b>	<b>RL:</b> Passing Back / Slide, restarting the game, Scoring a try, in & out of touch <b>NB:</b> 3 second rule, Contact/Obstruction, Offside.
<b>3: Fitness</b>	<b>Grip Dynamometer test</b> <ol style="list-style-type: none"> <li>1. Maximal and sub maximal tests</li> <li>2. Intensity - Rating of Perceived Exertion (RPE)</li> </ol> <b>Fitness Strength training (reps)</b>
<b>4: Strategy / Tactics</b>	<b>RL:</b> Keeping a defensive line <b>NB:</b> Shadowing and Marking
<b>5: Competition</b>	Inter House competitions